
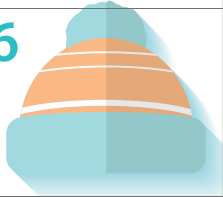


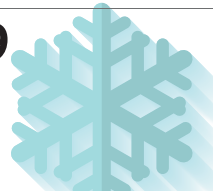



# choose love <sup>TM</sup> movement

## DECEMBER 2020

Let this calendar inspire you to start Choosing Love every day. There are little things you can do each day to show Courage, Gratitude, Forgiveness, and Compassion. This is how you Choose Love and these acts benefit you and so many others. Let's create a Choose Love ripple effect that reaches far and wide this month and through the year!

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>DECEMBER 1ST IS GIVING TUESDAY!</b> ENJOY A NIGHT OF SELF CARE WITH SCARLETT LEWIS (CHOOSE LOVE'S FOUNDER), JESS ORTNER AND KATIE WALKER!</p>		<p><b>1</b> IT'S GIVING TUESDAY. DO A SMALL ACT OF KINDNESS.</p>	<p><b>2</b> MAKE A LIST OF GIFTS TO GIVE RATHER THAN RECEIVE.</p>	<p><b>3</b> READ A FUN COMIC BOOK OR GRAPHIC NOVEL.</p>	<p><b>4</b> CREATE YOUR OWN COMIC STRIP.</p>	<p><b>5</b> YOU ARE LOVED AND WORTHY OF LOVE.</p>
<p><b>6</b> SHOW OFF YOUR SUPERPOWERS TODAY. HINT: YOUR SMILE IS YOUR BEST SUPERPOWER.</p>	<p><b>7</b> WRITE AN ENTRY IN YOUR CHOOSE LOVE JOURNAL ABOUT SOMETHING GOOD THAT HAPPENED THIS YEAR.</p>	<p><b>8</b> TAKE A "MINDFUL" MINUTE.</p>	<p><b>9</b> MAKE A CARD FOR A SERVICE MEMBER OR FIRST RESPONDER.</p>	<p><b>10</b> DO CHORES AROUND THE HOUSE WITHOUT BEING ASKED.</p>	<p><b>11</b> LET YOUR FRIEND KNOW YOU CARE.</p>	<p><b>12</b> SHOW COMPASSION AND UNDERSTANDING TODAY. DO SOMETHING NICE FOR SOMEONE WHO NEEDS IT.</p>
<p><b>13</b> GO OUTSIDE TODAY AND ENJOY NATURE.</p>	<p><b>14</b> LEAVE A NICE NOTE FOR SOMEONE TO FIND.</p>	<p><b>15</b> WRITE A POEM ABOUT THE HOLIDAY SEASON OR ABOUT YOUR FAMILY TRADITIONS.</p>	<p><b>16</b> HOLD THE DOOR OPEN FOR SOMEONE.</p>	<p><b>17</b> GIVE SOMEONE A COMPLIMENT.</p>	<p><b>18</b> SEND A HOLIDAY CARD TO SOMEONE SPECIAL.</p>	<p><b>19</b> MAKE A SPECIAL TREAT FOR YOUR PET OR DONATE FOOD OR TOY AT A LOCAL SHELTER.</p>
<p><b>20</b> DONATE TOYS OR BOOKS TO A HOSPITAL, SHELTER OR GOODWILL.</p>	<p><b>21</b> LIGHT UP YOUR NIGHT WITH A WALKING TOUR OF YOUR NEIGHBORHOOD HOLIDAY LIGHTS.</p>	<p><b>22</b> WATCH <a href="#">LET'S CHOOSE LOVE</a> VIDEO ON YOUTUBE.</p>	<p><b>23</b> THINK OF A CALMING PHRASE TO SAY TO YOURSELF WHEN YOU NEED IT.</p>	<p><b>24</b> WRITE A LIST OF YOUR FAVORITE THINGS IN 2020. SONGS, TV SHOWS, TIKTOK SHOWS, BOOKS.</p>	<p><b>25</b> ENJOY YOUR WINTER BREAK!!!</p>	
<p><b>27</b></p> 	<p><b>28</b></p> 	<p><b>29</b></p> 	<p><b>30</b></p> 	<p><b>31</b></p> 